

TruWave TENS

Getting Started

- (1) Slide the compartment door on the back of the unit down and insert the 9 volt battery.
- (2) Plug in the cables on the top of the unit. (**Fig. A**)
- (3) Attach the electrodes (Pads) to the pin connectors at the end of each cable. (**Fig. B**)
- (4) Apply the electrodes (Pads) in a parallel pattern to the skin with the center of the "X" directly over the painful area. (**Fig. C**)
- (5) Connect the AC adapter to the side of the unit, then plug into the wall outlet - Do not use at the same time as the 9 volt battery.
- (6) Press the **I** or up arrow button on the right side of the unit to begin the treatment. (**Fig. D**) Stimulation will run continuously until the treatment timer is changed or the unit is turned off.
- (7) Press the **I** or up arrow button on either side repeatedly to increase the strength of the stimulation. The sensation should be strong but comfortable.
- (8) Press the down arrow button on either side (**Fig. D**) to decrease the stimulation (sensation) or hold the **⏻** button down for 3 seconds to turn the unit off.
- (9) As a safety feature, if the unit has been idle for five minutes with the level at 0 mA or for 60 seconds after a timeout, the unit will automatically turn off.



Figure A

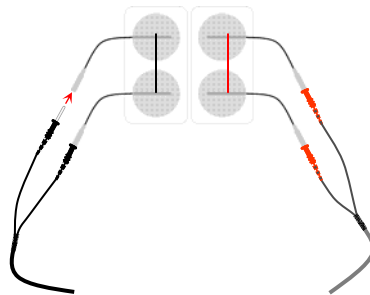


Figure B

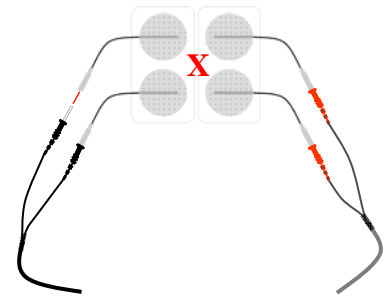


Figure C

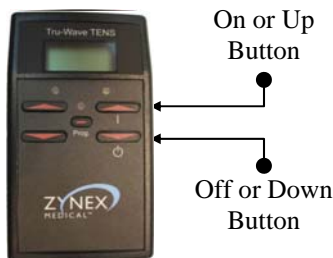


Figure D

Note: Zynex Medical products should be used according to the advice of a medical professional.

Please refer to recommended placement charts to position electrodes so that the current passes through the painful area.

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